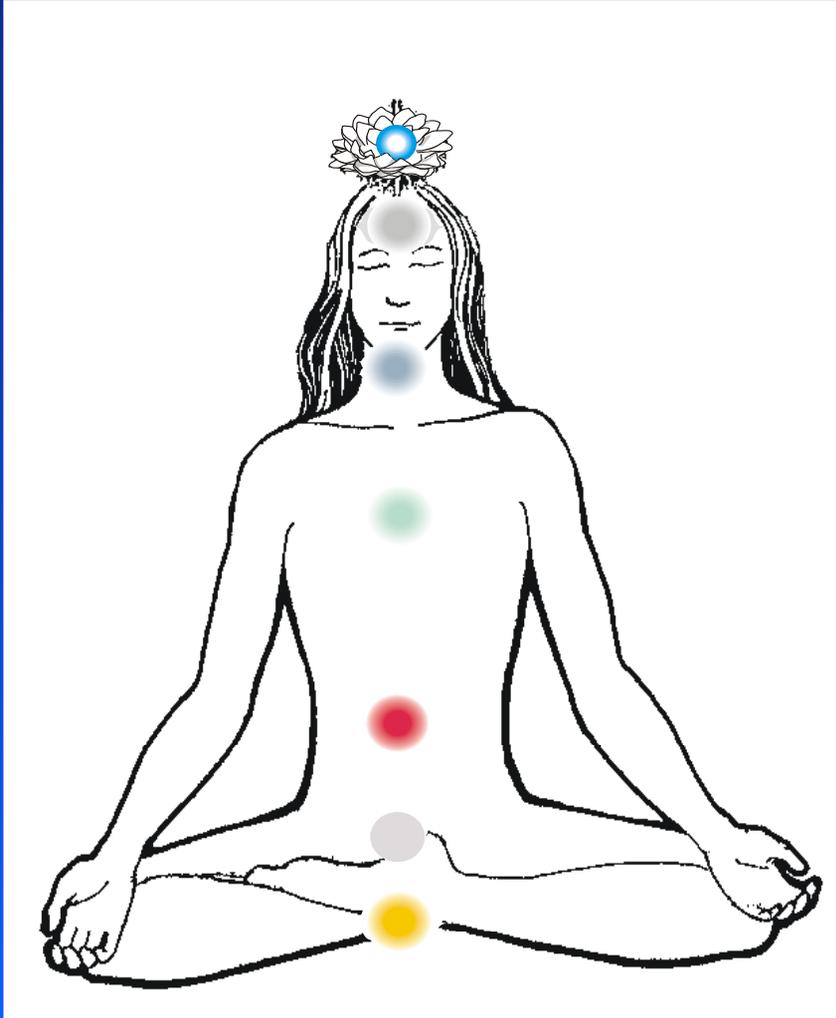


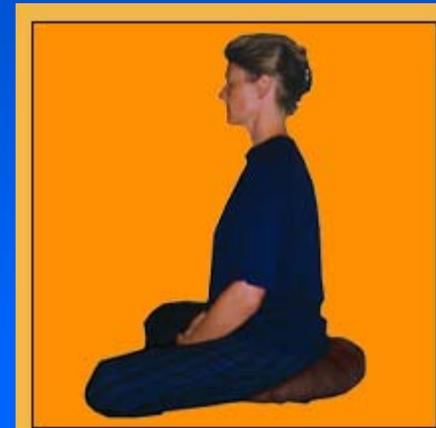
# **Cakras, Glands, Propensities & Asanas**

**By Dada Rainjitananda**  
(revised by Dharmadeva)

# Who can meditate?



The only requisite to practice meditation is to have a human body and mind.



# Sleeping Divinity - Kula

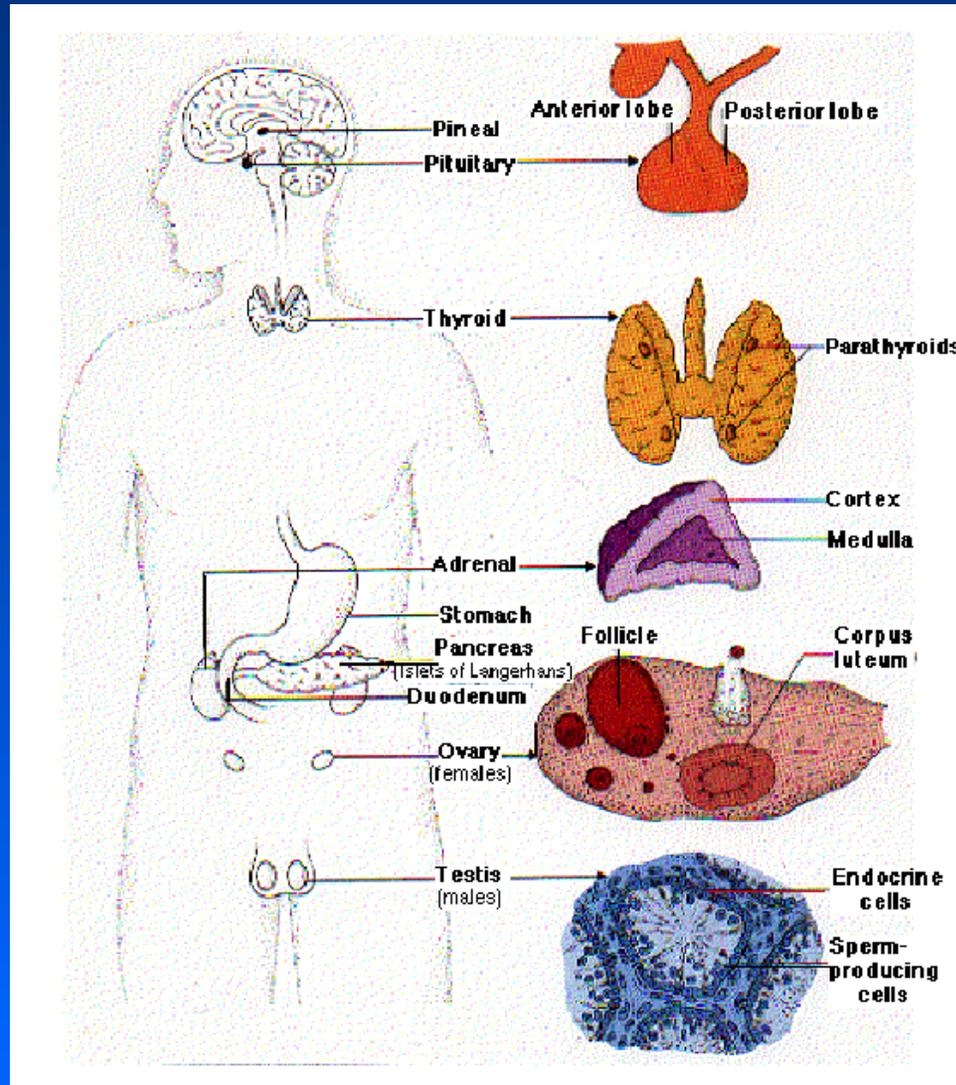
- 'Ku' means world and 'la' means to hold.
- That which the world holds is called Kula.
- It also means unit force of the unit being.
- The lowest part of the vertebral column or spine is called Kula in Sanskrit.

# Sleeping Divinity - Kundalinii

- The Sleeping Divinity in the human body lies in the lowermost portion of your backbone.
- That Sleeping Divinity is called Kundalinii.
- Kundalinii means 'in coiled form'.
- In Sanskrit, Kundalinii means "coiled", "serpentine loop", "serpentine coil".

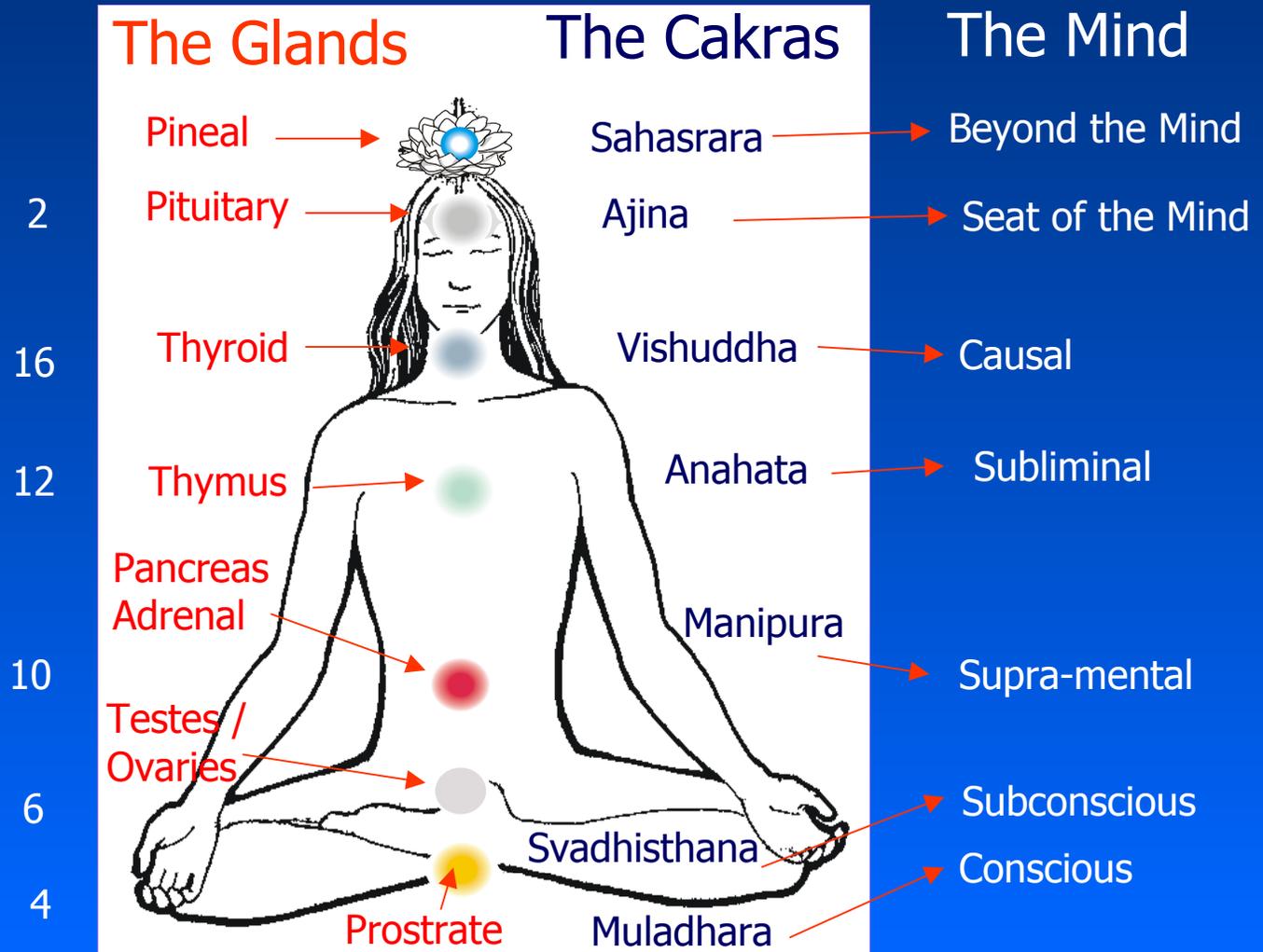


# Glandular system



# The Subtle Human Body

Propensities



# 1<sup>st</sup> Cakra

Propensities

2

16

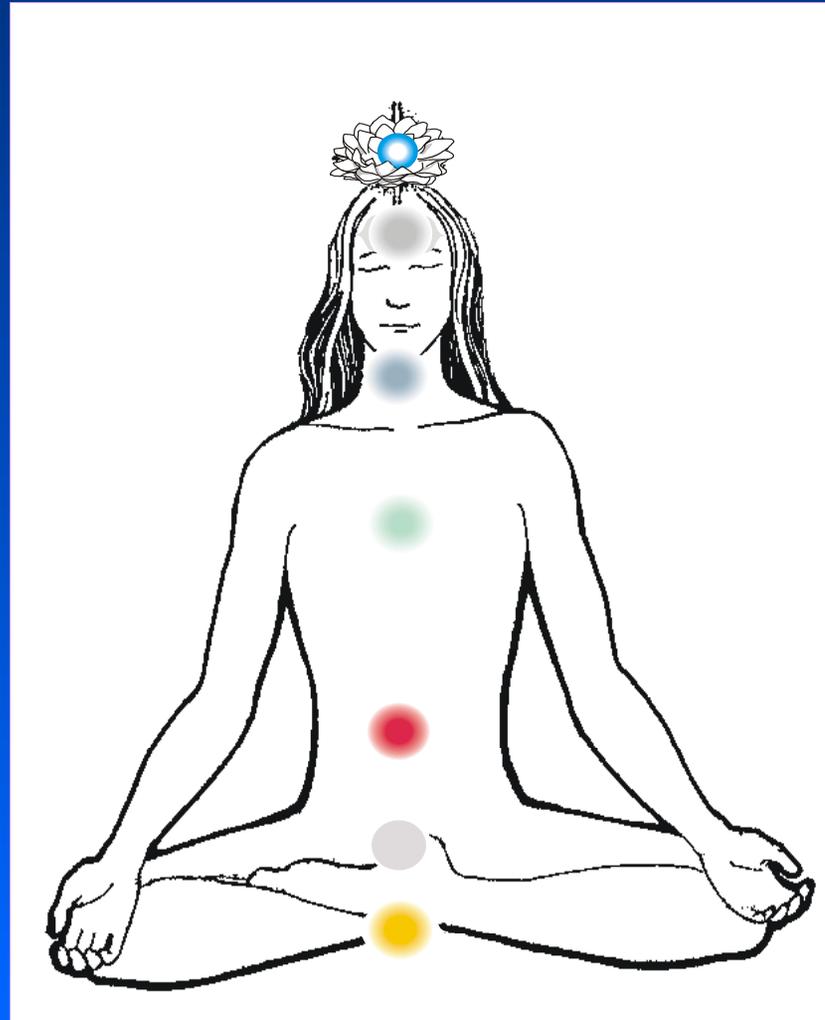
12

10

6

4

**Physical longings**  
**Psychic longings**  
**Psycho-spiritual**  
**& Spiritual longing**



# 2<sup>nd</sup> Cakra

## Propensities

2

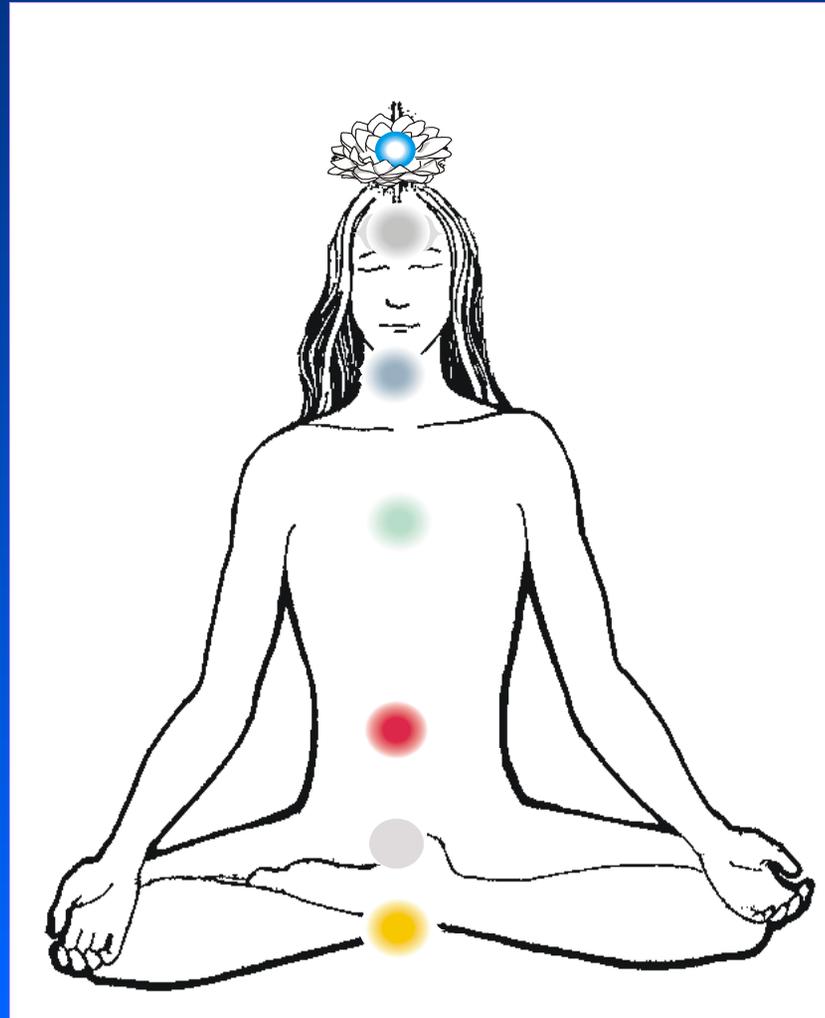
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6

4



**Indifference**  
**Cruelty**  
**Lack of common sense**  
**Over indulgence**  
**Fear of annihilation**  
**Lack of confidence**

# 3<sup>rd</sup> Cakra

## Propensities

**Shyness**  
**Sadistic tendency**  
**Envy**  
**Staticity**  
**Melancholia**  
**Irritability**  
**Craving**  
**Infatuation**  
**Hatred**  
**Fear**

2

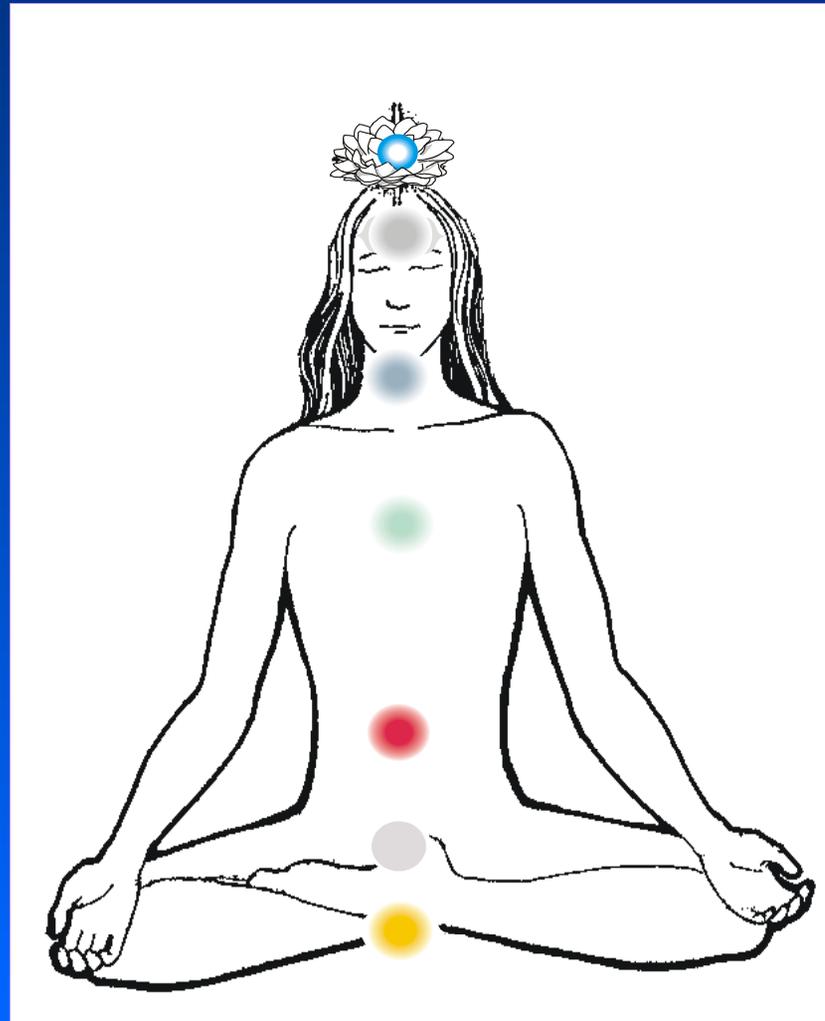
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4



# 4<sup>th</sup> Cakra

## Propensities

**Hope**  
**Worry**  
**Effort**  
**Attachment, love**  
**Vanity**  
**Conscience**  
**Psychic depression**  
**Ego**  
**Avarice**  
**Hypocrisy**  
**Argumentativeness**  
**Repentance**

2

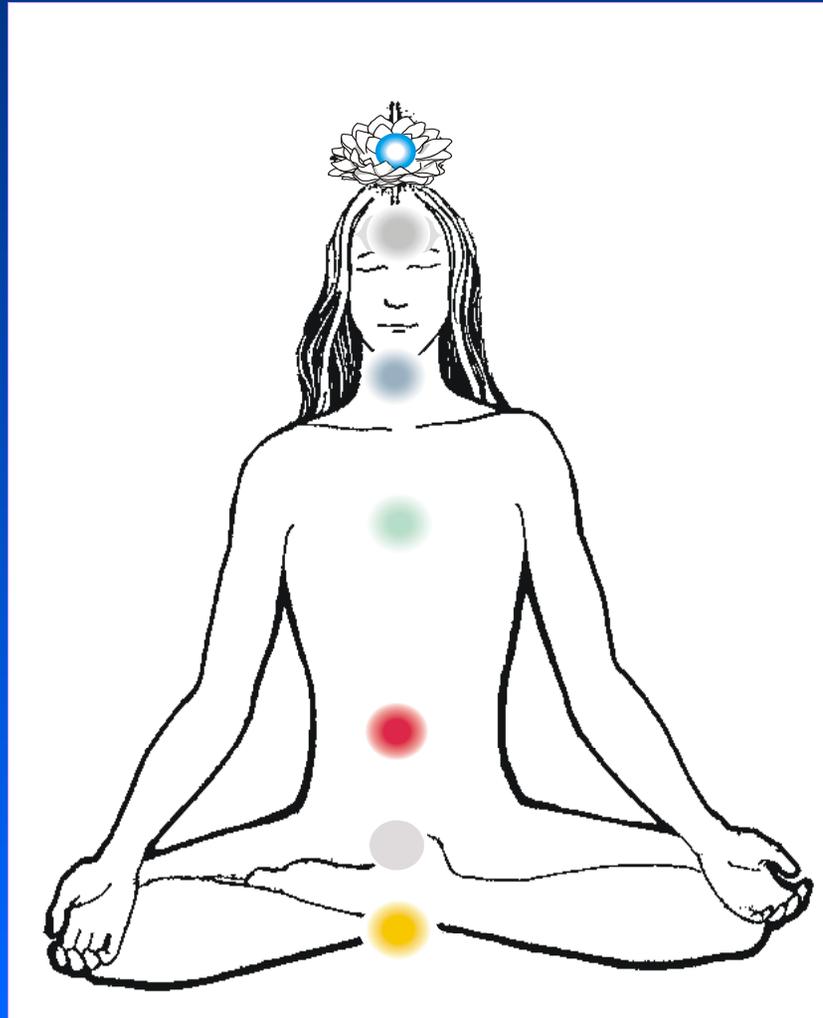
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4



# 5<sup>th</sup> Cakra

## Propensities

**Om**  
**Sound of kundalini**  
**Theory into practice**  
**Mundane welfare**  
**Psychic welfare**  
**Perform noble**  
**actions**  
**Surrender**  
**Repulsive expression**  
**Sweet expression**  
**7 musical notes:**  
**Sa, Re, Ga, Ma, Pa, Dha, Ni**

2

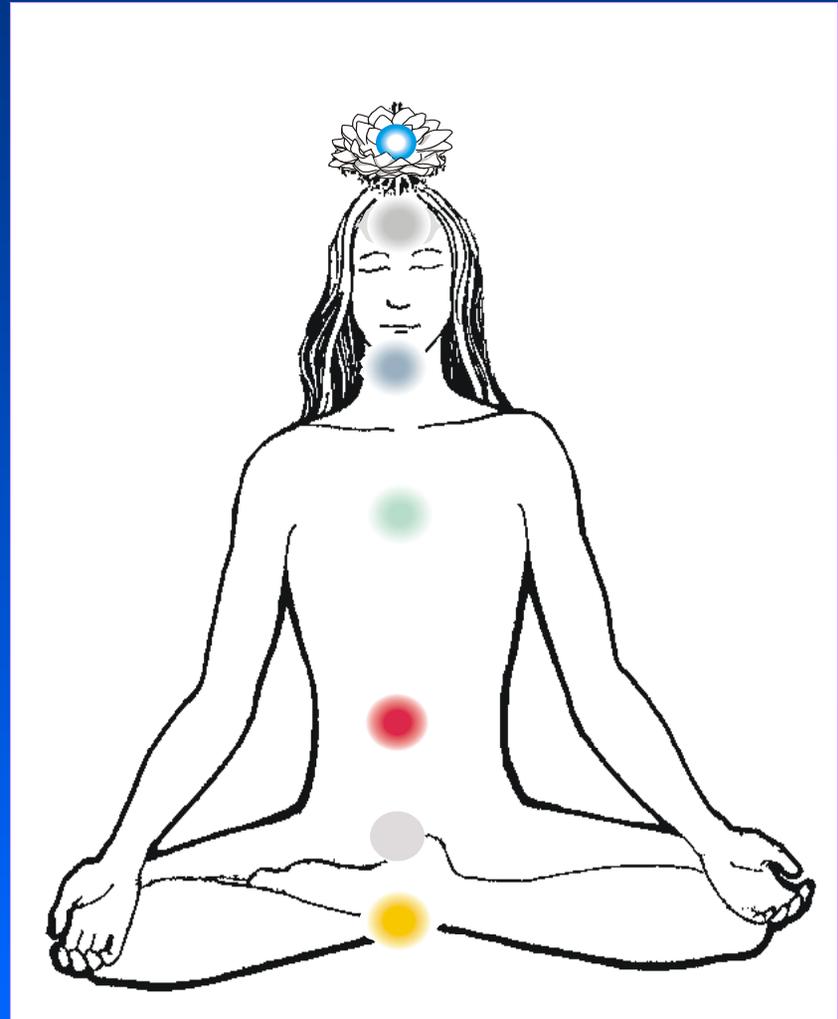
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4



# 6<sup>th</sup> Cakra

## Propensities

Mundane knowledge }  
Spiritual knowledge } 2

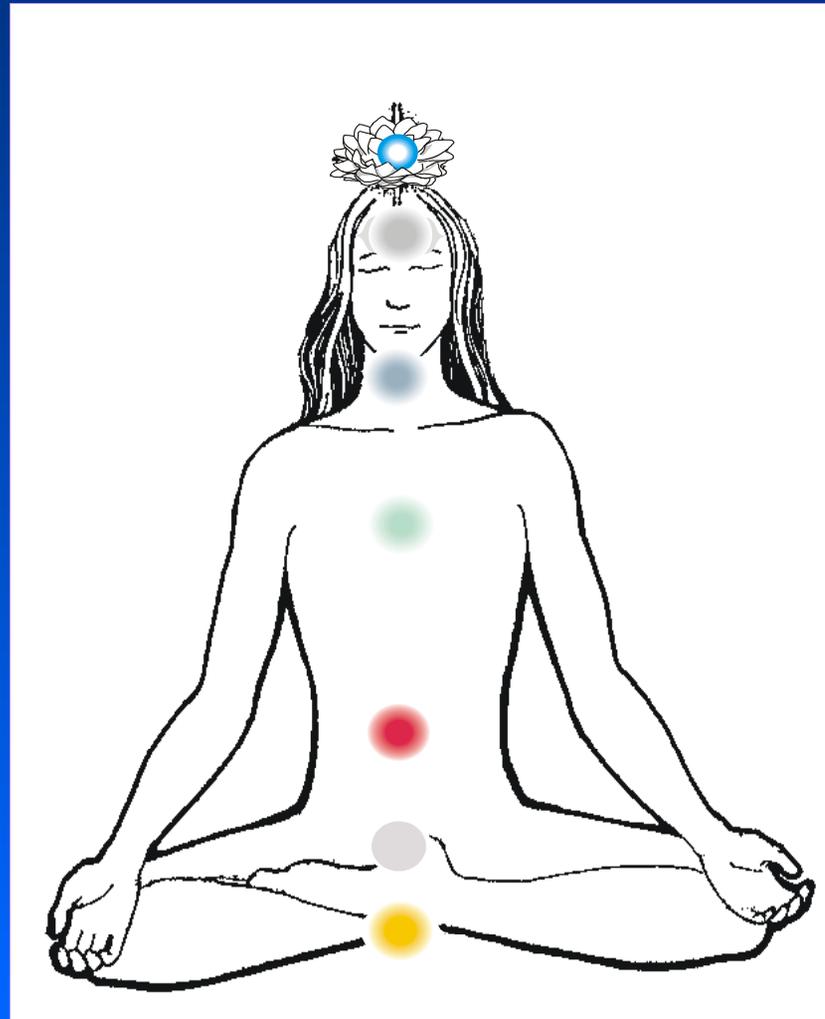
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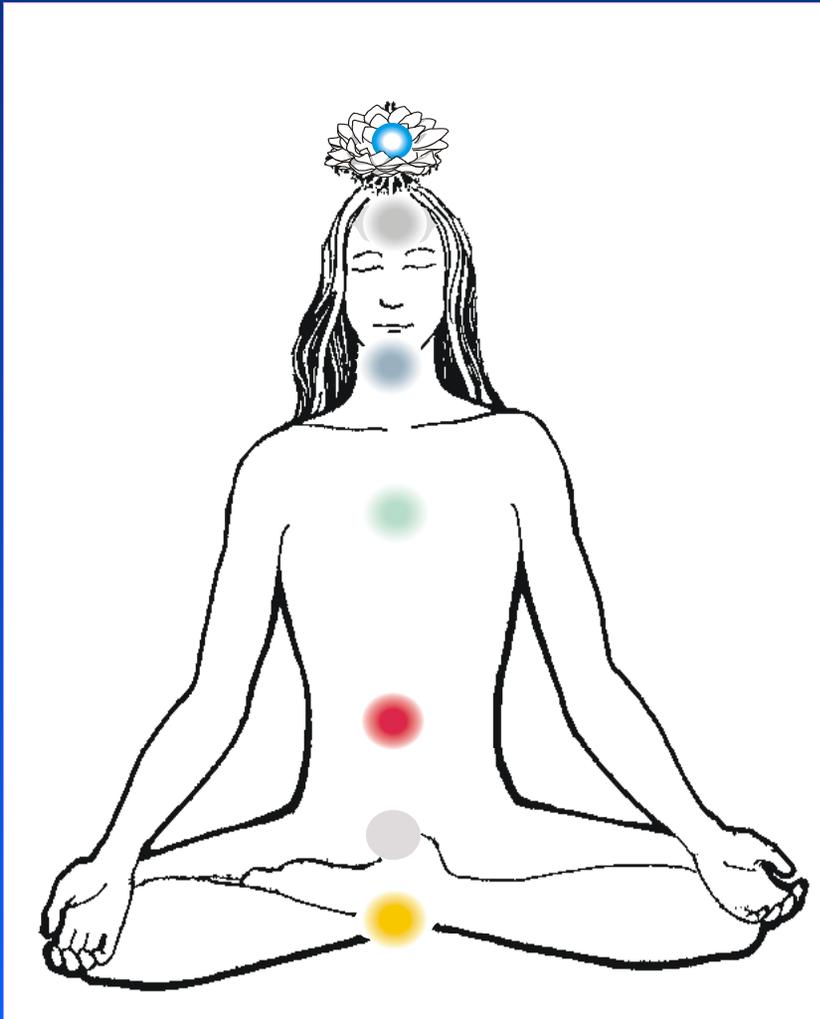
4



# 7<sup>th</sup> Cakra

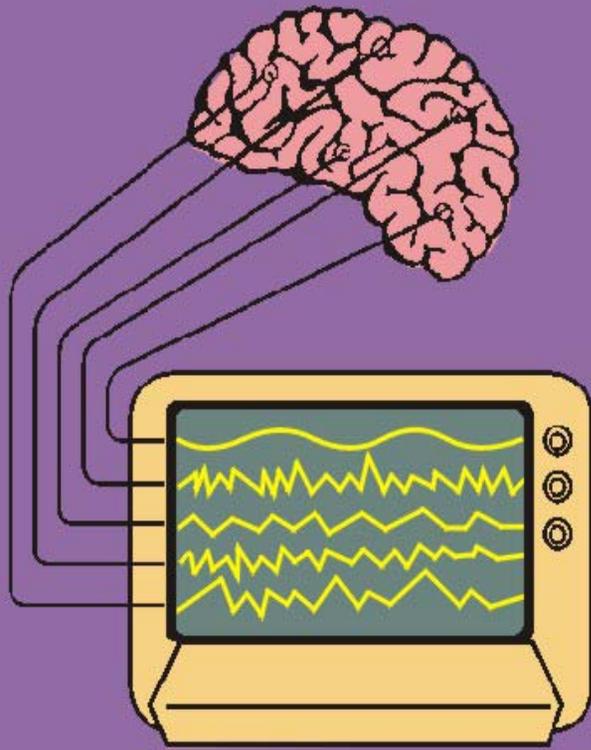
- Controls 1000 propensities.
- 50 propensities are associated with the cakras.
- They have various nuances of expression.
- Expressions are internal and external, so  $50 \times 2 = 100$ .
- And there are 10 directions, so as to give 1000 expressions.

2  
16  
12  
10  
6  
4



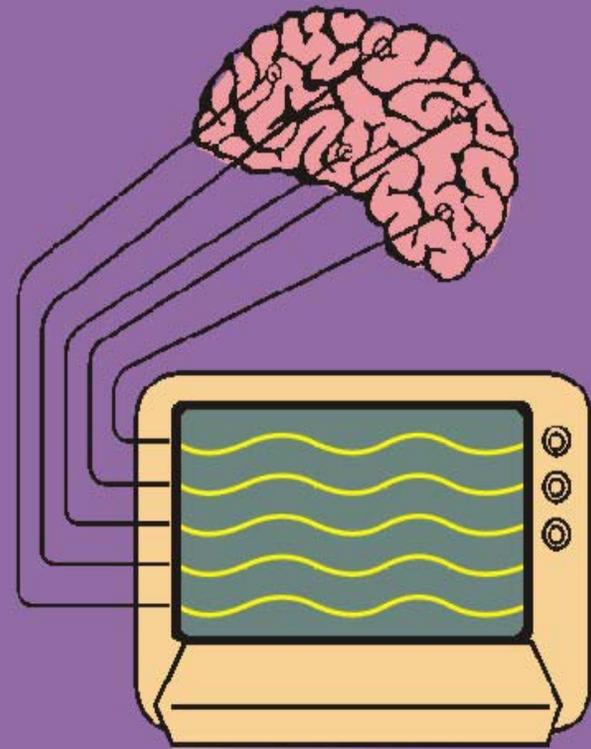
# Our Meditation Practice

- Meditation controls propensities.
- Mantra meditation is best.
- Mantra is a word or phrase which carries:
  - Rhythm;
  - Vibration;
  - Meaning.
- Mantras bring balance to the mind and the body.



# Normal consciousness

Different parts of the brain  
emit different brain waves:  
dispersed psychic energy

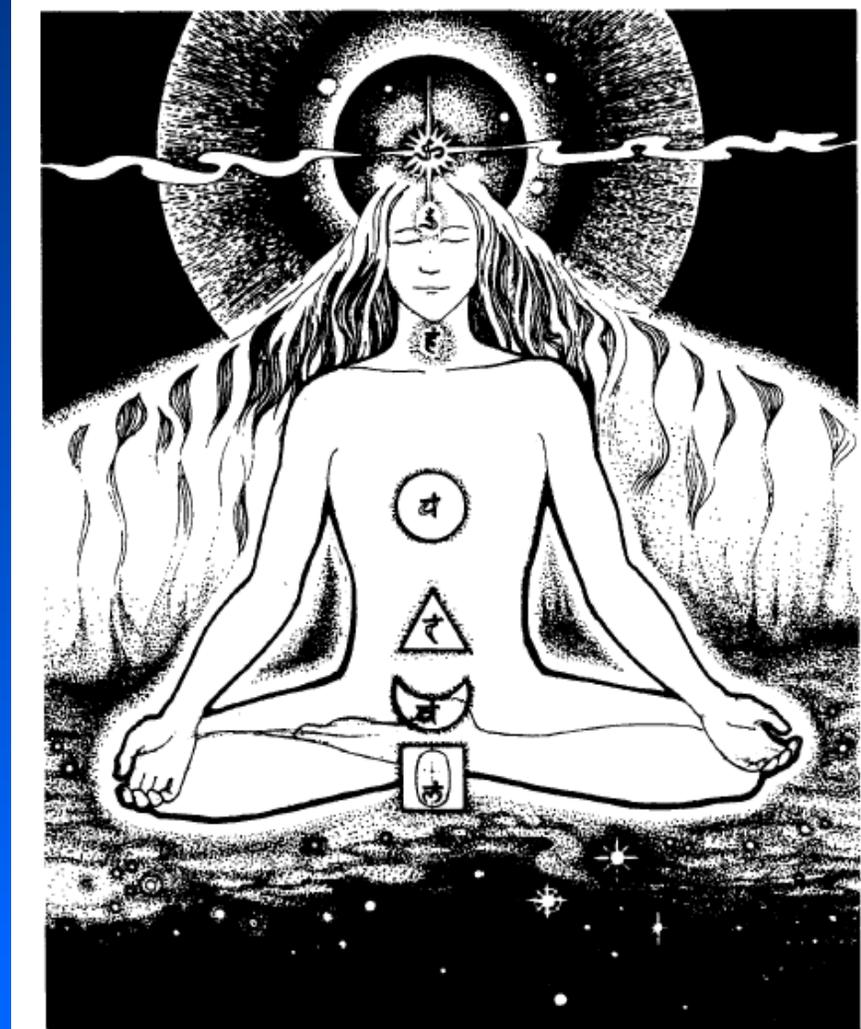


# Concentration on the mantra

Different parts of the brain emit the same  
brain wave, like a laser  
One single powerful rhythm, in tune  
with the Cosmic Rhythm

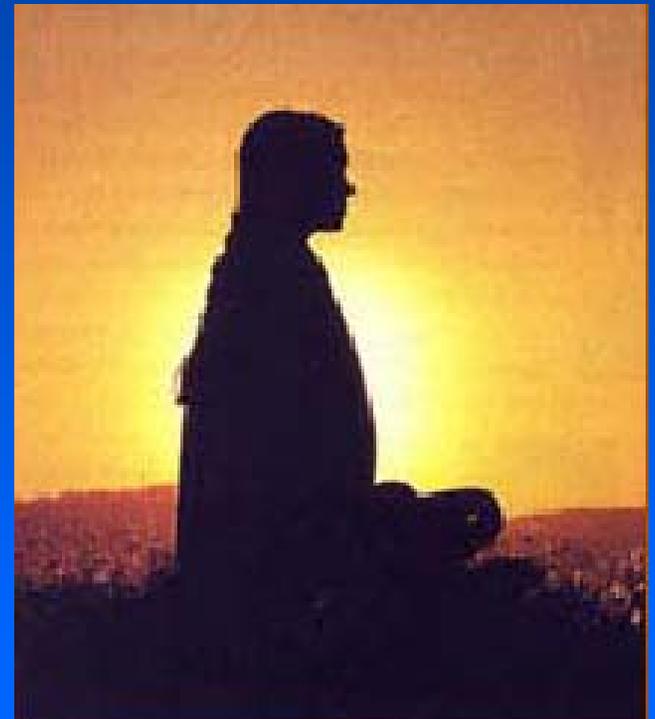
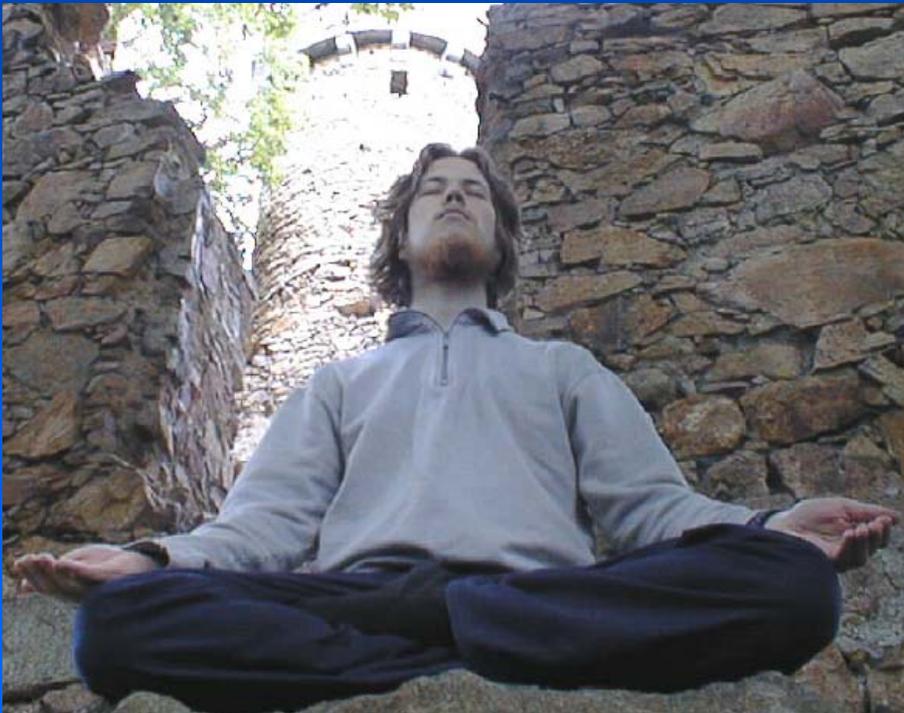
# Our Mantra

- Baba Nam Kevalam
- All is the Supreme Consciousness
- Love is all there is



# Let us meditate now

- Baba Nam Kevalam
- All is Supreme Consciousness



# Asanas and Meditation

- Performing asanas - after meditation is best.
- Asanas work from the physical level to the psychic.
- Meditation works from the psychic level to the spiritual.
- The combined practice produces quicker results with maximum physical, psychic and spiritual benefits.

## Asanas:

- Stimulate all internal organs
- Make the body and especially the spine flexible
- All body systems are benefited: circulatory, digestive, lymphatic, respiratory, etc

Cobra

**Continually preparing  
the body for spiritual  
practices**



# Effect of Asanas

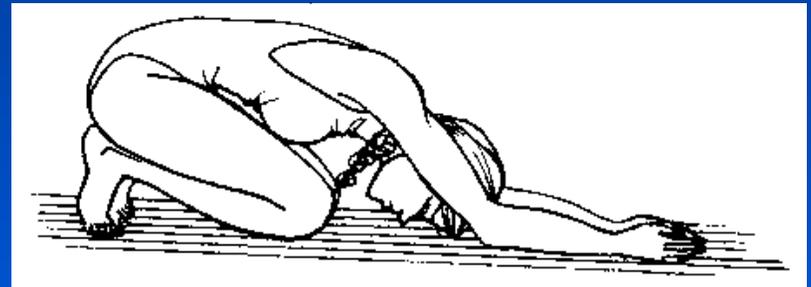
- Special effect on the endocrine glands.
- Balance the hormonal secretion from the various glands ...
- ... controlling the emotions.



Yoga Mudra

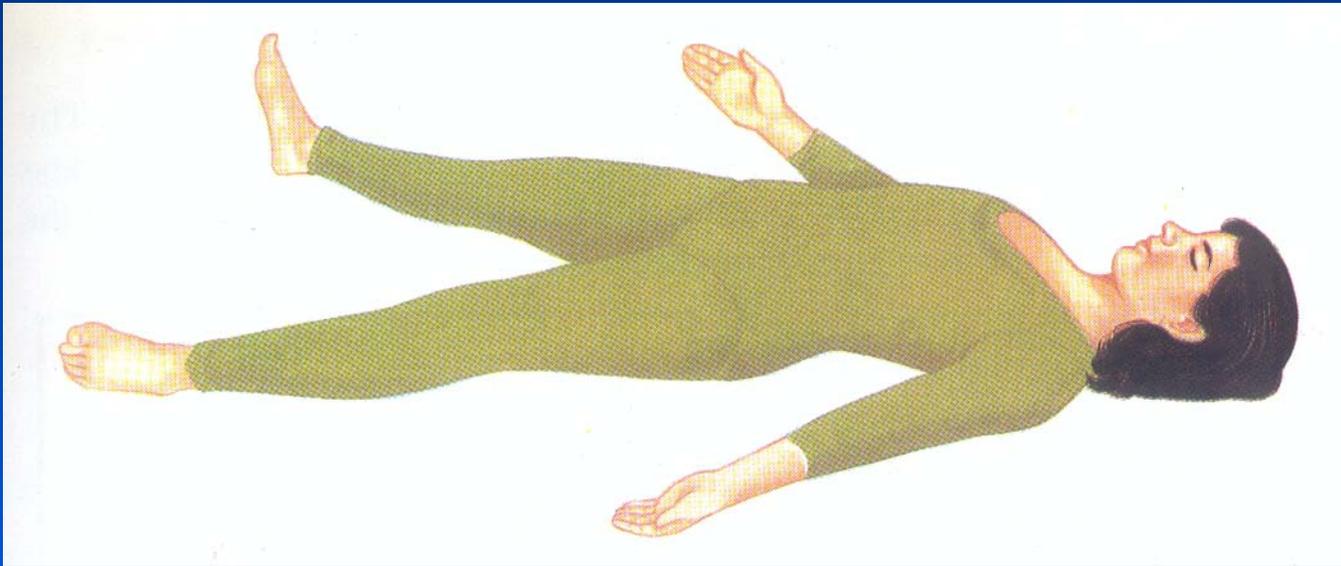
# Effect of Asanas

- The mind gets free from upsetting emotional tendencies and experiences increased freedom.



Long Salutation

# Lie down and relax



Finish asanas with corpse posture